## **ALLYN-RIFORD POOL SCHEDULE**

**Effective** 7/22/2024

9	MON 7/22	TUE 7/23	WED 7/24	THUR 7/25	FRI 7/26	SAT 7/27	SUN 7/28	
5:00	7/22	7/23	7/24	7/25	7/20	1/2/	7/28	5:00
6:00	Laps		Laps		Laps			6:00
7:00 7:15								7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:30
8:00	Laps		Laps		Laps	Laps		8:00
8:30 8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15		Break 9-9:15		A a a ai= a / A a a			9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Aqua Blast	Lessons (lanes 1- 2)/Laps	Laps/Family	9:30
<b>10:00</b> 10:15	Break 10-10:15		Break 10-10:15		Break 10-10:15	2 )/ Lups	20,00,10,,	<b>10:00</b> 10:15
11:00	Laps	Laps	Laps	Laps	Laps	Swim Lessons		11:00
11:15 11:30						Laps/Family		
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	, ,		
Noon	Laps	Laps	Laps	Laps	Laps			Noon
4.00	Break 12:45-	Kid\/omturoo/1	Break 12:45-	1/;d\/antuunaa/1	Break 12:45-1			1.00
1:00	SACC (lanes	KidVentures(1- 2)/ Laps	SACC (lanes	KidVentures(1- 2)/ Laps	SACC (lanes 1-			1:00
1:30 PM 1:45 PM	1-3)/Laps	Break 1:30-	1-3)/Laps	Break 1:30-	3)/Laps (lanes			1:30
2:00	(lanes 4-6)	MVPT Physical Therapy	(lanes 4-6)	MVPT Physical Therapy	4-6)			2:00
2:45 PM	Laps/Family		Laps/Family					2:30 PM 2:45 PM
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15				3:00
3:15 3:30					Laps/Family			
3:45 PM		Laps/Family		Laps/Family			<u>Laps:</u> lap	3:45 PM
4:00	Laps/Family	Laps/Tailing	Laps/Family	Laps/Tarriny			member swimmers of	4:00
4:30	,	Break 4:45-5	,	Break 4:45-5	Break 4:30-		any age. <u><b>Adult</b></u> - For	4:30
5:00					Laps/Family		adult members only	5:00
	Break 5:30-		Break 5:30-				Family: Open	
5:45 <b>6:00</b>	Lessons (lanes 1-	l nn=/F='l	Lessons (lanes 1-	Laps/Family			swim for all members.	6:00
6:30 PM	2)/Laps	Laps/Family	2)/Laps				members.	6:30 PM
7:00	Laps/Family		Laps/Family	Lessons (lane 6)/Laps			<b>6 yrs old</b> must be ch of supervising	
7:30				0)/ Laps			r. Children 6-7	7:30 PM
8:00						and pass the dee a lifejacket, or be	p-end test, wear accompanied by	8:00
8:30						water. Childre	rm's reach in the n under 5' who	
9:00						must be accompa	e deep-end test anied by an adult the in the water or fejacket.	9:00

## **EMERSON POOL SCHEDULE**

**Effective** 7/22/2024

MON   TUE   WED   THUR   FRI   SAT   SUN			Effective	//22	/2024				
5:00		MON	TUE	WED	THUR	FRI	SAT	SUN	
Columber		7/22	7/23	7/24	7/25	7/26	7/27	7/28	
7:00 7:30 8:00	5:00								5:00
7:00 7:30 8:00									
7:00 7:30 8:00									
7:30   8:00   Laps   Deep Water Fitness   Deep Water Fitness   Deep Water Fitness   Town of Niles   Town of Sennett   Deep Water Fitness   9:30   10:00   10:30   10:00   10:30   11:00   11:30   11:30   11:30   10:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   1:30   1:30   1:00   1:30   1:30	6:00								6:00
7:30   8:00   Laps   Deep Water Fitness   Deep Water Fitness   Deep Water Fitness   Town of Niles   Town of Sennett   Deep Water Fitness   9:30   10:00   10:30   10:00   10:30   11:00   11:30   11:30   11:30   10:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   1:30   1:30   1:00   1:30   1:30									
7:30   8:00   Laps   Deep Water Fitness   Deep Water Fitness   Deep Water Fitness   Town of Niles   Town of Sennett   Deep Water Fitness   9:30   10:00   10:30   10:00   10:30   11:00   11:30   11:30   11:30   10:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   1:30   1:30   1:00   1:30   1:30									
7:30   8:00   Laps   Deep Water Fitness   Deep Water Fitness   Deep Water Fitness   Town of Niles   Town of Sennett   Deep Water Fitness   9:30   10:00   10:30   10:00   10:30   11:00   11:30   11:30   11:30   10:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   12:30   1:00   1:30   1:30   1:00   1:30   1:30	7:00	-							7:00
Simple   S	7.00								7.00
Simple   Section   Secti	7:30								7:30
Simple   Section   Secti					_		_		
Deep Water Fitness   Deep Water Fitness   Deep Water Fitness   Deep Water Fitness   Piness	8:00	Laps		Laps		Laps			8:00
Deep Water Fitness   Fit	8.30			•		·	4		8.30
9:00 Fitness  9:30  10:00  10:30  Town of Niles  Town of Sennett  10:00  11:30  Noon  12:30  1:00  1:30 PM  2:00  2:30  2:30  2:45  3:30  4:00  4:30  3:30  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Town of Sennett  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6 supervising adult in the water. Children 6 supervising adult in the water. Children from supervising adult in the water. Children 6 supervising adult within arm's reach in the water. Children 6 supervising adult within arm's reach adult within arm's	8.30	Deep Water		Deep Water		Deep Water			0.30
9:30  10:00  10:30  Town of Niles  Town of Sennett  11:00  11:30  Noon  12:30  1:00  1:30 PM  2:00  2:30  2:45  3:00  3:30  4:00  4:30  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  AquaHigh/DWF  Town of Niles  Town of Sennett  Town of Sennett  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Town of Niles  Town of Sennett  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Town of Niles  Town of Sennett  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  Town of Niles  10:00  10:30  11:00  11:30  10:30  11:00  11:30  10:30  11:00  11:30  10:30  11:00  10:30  11:00  10:30  11:00  10:30  11:00  10:30  11:00  10:30  11:00  10:30  11:00  10:30  11:00  10:30	9:00							]	9:00
10:00   10:30   Town of Niles   Town of Sennett   10:00   10:30   11:00   11:30   11:00   11:30   11:00   11:30   11:00   11:30   11:00   11:30   11:00   11:30   11:00   12:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00   1:30   1:00									
10:00 10:30 11:00 11:30 11:00 11:30 Noon 11:30 Noon 12:30 1:00 1:30 PM 2:00 2:00 2:30 3:30 3:30 4:00 4:30 5:00 5:30 5:36 6:00 Swim Lessons AquaHigh/DWF AquaHigh/DWF AquaHigh/DWF AquaHigh/DWF AquaHigh/DWF AquaHigh/DWF AquaHigh/DWF AquaHigh/DWF 10:30 11:00 11:30 Noon 12:30 1:00 11:30 1:00 11:30 Noon 12:30 1:00 12:30 1:00 10:30 11:00 11:30 Noon 12:30 1:00 10:30 Noon 12:30 10:00 10:30 10:30 Noon 12:30 10:00 10:30 Noon 12:30 10:00 10:30 10:30 10:30 Noon 12:30 10:00 10:30 1	9:30			Town of Niles			Swim Lessons		9:30
10:30 11:00 11:30 Noon 12:30 1:00 1:30 PM 2:00 2:30 3:30 3:30 4:00 4:30 3:30  4:00 4:30 Swim Lessons Swim Lessons Swim Lessons AquaHigh/DWF AquaHigh	40.00	Laps				Town of			40.00
10:30 11:00 11:30 Noon 12:30 1:00 1:30 PM 2:00 2:30 3:30 4:00 4:30 4:30 5:00 5:30 5:45 6:00  AquaHigh/DWF  Swim Lessons AquaHigh/DWF  AquaHigh/DWF  10:30 11:00 11:30 Noon 12:30 1:00 12:30 1:00 12:30 1:00 12:30 1:00 12:30 1:00 12:30 1:00 12:30 10:30 11:00 11:30 Noon 12:30 10:3	10:00	·							10:00
11:00	10.30					Sennett		_	10.30
11:00	10.50	Town of Niles		Sennett					10.50
Noon   12:30   1:00   1:30 PM   2:00   2:30   2:45   3:00   2:45   3:00   3:30   4:00   4:30   3:30   4:00   4:30   5:00   5:30   Swim Lessons   Swim Lessons   Swim Lessons   Swim Lessons   Swim Lessons   AquaHigh/DWF   AquaHigh/	11:00				,		_		11:00
Noon   12:30   1:00   1:30 PM   2:00   2:30   2:45   3:00   2:45   3:00   3:30   4:00   4:30   3:30   4:00   4:30   5:00   5:30   Swim Lessons   Swim Lessons   Swim Lessons   Swim Lessons   Swim Lessons   AquaHigh/DWF   AquaHigh/					_				
12:30  1:00  1:30 PM  2:00  2:30 2:45 3:00  3:30  4:00  4:30  5:00  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  T:00  AquaHigh/DWF  T:00  12:30  2:00  2:00  3:00  4:00  Adult For adult adult and swim for all members only Family: Open swim for all members.  Children under 6 yrs old must be within arm's reach of supervising adult in the polar ard pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket, or be accompanied by an adult within arm's reach in the water or wear a lifejacket.	11:30								11:30
12:30  1:00  1:30 PM  2:00  2:30 2:45 3:00  3:30  4:00  4:30  5:00  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  T:00  AquaHigh/DWF  T:00  12:30  2:00  2:00  3:00  4:00  Adult For adult adult and swim for all members only Family: Open swim for all members.  Children under 6 yrs old must be within arm's reach of supervising adult in the polar ard pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket, or be accompanied by an adult within arm's reach in the water or wear a lifejacket.	Noon	-							Noon
1:00  1:30 PM  2:00  2:30 2:45 3:00  3:30  4:00  4:30  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  T:00  1:00  1:00  1:00  2:00  3:00  4:00  Adult - For adult members only Family: Open swim for all members.  Swim of all members.  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult within arm's reach in the water. Children onder 5' who cannot pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water.	NOOH								NOOII
1:00  1:30 PM  2:00  2:30 2:45 3:00  3:30  4:00  4:30  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  T:00  1:00  1:00  1:00  2:00  3:00  4:00  Adult - For adult members only Family: Open swim for all members.  Swim of all members.  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult within arm's reach in the water. Children onder 5' who cannot pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water.	12:30	<u>.</u>							12:30
2:00  2:30 2:45 3:00  3:30  4:00  4:30  5:00  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 4:30  AquaHigh/DWF  Remoters  6:00  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, were at lifejacket, or be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00									
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2:30 2:45 3:00  4:00  4:30  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children under 5 who cannot pass the deep-end test, wear a lifejacket. or be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00  3:00  4:00  4:00  4:30  5:00  Family: Open swim for all members. 6:00  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children of a lifejacket, or be accompanied by an adult within arm's reach in the water or wear a lifejacket.	1:30 PM								
2:30 2:45 3:00  4:00  4:30  Swim Lessons  Swim Lessons  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children under 5 who cannot pass the deep-end test, wear a lifejacket. or be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00  3:00  4:00  4:00  4:30  5:00  Family: Open swim for all members. 6:00  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children of a lifejacket, or be accompanied by an adult within arm's reach in the water or wear a lifejacket.	2:00	-							2:00
2:45 3:00 3:30 4:00 4:00 4:30  Swim Lessons 5:30 5:45 6:00  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00									
3:00  3:30  4:00  4:30  5:00  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF									
3:30  4:00  4:30  4:30  Swim Lessons  Swim L		_							
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4:00  4:30  5:00  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  Swim Lessons  AquaHigh/DWF  AquaHigh/DWF  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.	3:30								
4:00  4:30  5:00  Swim Lessons  Swim Lessons	3.30								
4:30  5:00  Swim Lessons  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00	4:00								4:00
4:30  5:00  Swim Lessons  Swim for all members.  6:00  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00									
5:00  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  Swim Lessons  Swim for all members.  6:00  AquaHigh/DWF  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water or wear a lifejacket.	4:30								4:30
Swim Lessons  Swim for all members.  6:00  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00	5:00	+				1		members only	5:00
5:30 5:45 6:00  AquaHigh/DWF  AquaHigh/DWF  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  8:00  8:00  Sign 15:30  6:00  7:00  8:30  Sign 16:00  Figure 16:00  Fig	3.00		Cooling Land		Cooling Lorent			Family: Open	3.00
5:45 6:00  AquaHigh/DWF  AquaHigh/DWF  AquaHigh/DWF  Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00  Beson			Swim Lessons		Swim Lessons				5:30
7:00 7:00 8:00 AquaHigh/DWF Aqu	5:45							members.	
7:00  Aqual light DWT  within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  8:00  Who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00	6:00						OI P.		6:00
7:00  7:00  an adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  8:00  who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00			AquaHigh/DWF		AquaHigh/DWF				
7:00  an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5'  8:00  who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  7:00  8:00									
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R:00							deep-end test, we	ar a lifejacket, or be	
8:00  who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.  8:00							accompanied by a	n adult within arm's	
must be accompanied by an adult within arm's reach in the water or wear a lifejacket.	0.00	-							0.00
arm's reach in the water or wear a lifejacket.	8:00								8:00
lifejacket.									
	9:00								9:00